



WINGSPREAD

Capturing a readiness snapshot

Wing rehearses threat, disaster response; Airmen hone war skills

By Master Sgt. Lee Roberts
12th Flying Training Wing Public Affairs

A man's body lay motionless in the grass among broken chairs and tables. Emergency responders tried to save the Airman, but couldn't.

Fortunately, emergency response officials were only reacting to a "simulated tornado" in a natural-disaster exercise – the casualty, just a dummy. But rescuers functioned as if it were a real catastrophe.

Airmen, civilians and contractors in the 12th Flying Training Wing paused last week from ordinary routines to prepare for these kinds of scenarios, as they participated in force protection, information security, natural disaster, deployment and contingency exercises.

Wing evaluators observed and assessed how people responded to every scenario and exercise stage, marking down areas for improvement and recognizing exceptional performance.

"Last week was about learning, being prepared and making sure our people are ready to respond to any situation or emergency and are ready for deployment into a wartime environment," said Henry King, 12th FTW Exercise Evaluations chief. "It was a valuable exercise because the wing can improve and build upon the experience."

The exercises began June 27 when organizations across base responded to potential security threats, including intruders attempting to enter into several facilities. That same day, units tightened up information security in response to a simulated threat to the base's computer networks.

"It was interesting to see how quickly the word got out to facilities regarding the simulated threats and to watch the base's transition to a higher security level," said Capt. Dana Johnson, 12th FTW Evaluations officer. "In addition, evaluators took a close look at how the wing could protect its computer assets."

On June 28, the wing continued with a natural disaster response exercise. Early that morning, the base's weather flight reported simulated thunderstorms and issued a tornado watch. By midmorning, a tornado warning was also issued and then several buildings near the base's south ramp were damaged by a simulated tornado.

The 12th Operations Support Squadron sustained the brunt of the damage. Building personnel evacuated and provided first aid to nine simulated injured people until emergency responders arrived. With one person simulated dead, officials also exercised next-of-kin notification and the search-and-rescue team recovered the simulated remains.

Col. Joseph Schwarz, 12th Mission Support Group commander and on-scene commander following the tornado strike, complimented the effort of the disaster control group and emergency response personnel.

"It was very hot out at the scene," said the



Photographer Javier Garcia takes a snapshot for investigation and historical documentation purposes of Tech. Sgt. Terry Burden as he tags an item of interest during the base's natural disaster exercise June 28. Sergeant Burden, who works in the 12th Flying Training Wing Military Equal Opportunity Office, is a member of the base's search and rescue team. (Photo by Master Sgt. Lee Roberts)

colonel. "Everyone responded with a sense of urgency and did their jobs very professionally despite the high temperatures. I was pleased with the effort of everyone, and I am notably proud of how well people cared for the injured."

Next, the wing geared up for the deployment exercise. Personnel across the wing processed through the Randolph Clinic and through their respective units

See **Ready** on page 4

12th Flying Training Wing Training Status											
Pilot Instructor Training <div>As of Monday</div>			Navigator, EWO Students					Wing Flying Hour Program			
			562nd FTS		563rd FTS			Aircraft	Required	Flown	Annual
Squadron	Seniors	Overall	CSO/NFO		CSO		Graduate EWO	T-1A	9042.5	9173.3	12,184
99th FTS	0.0	0.6	USAF	237	OPS	25	International 0	T-6A	12,788.8	13,018.9	17,290
558th FTS	-1.8	-2.4	Navy	44	Advanced EW	30	EW Course 0	T-37B	6776.3	6904.1	8,444
559th FTS	-4.0	-4.5	International	3	Integration	0	Intro to EW 0	T-38C	7193.9	7248.4	10,204
560th FTS	-0.5	0.0	Total in Training	284		55	0	T-43	3160.9	3171.8	4,293
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.					The required and flown numbers reflect hours flown between Oct. 1, 2004 to date. The annual numbers are total hours for fiscal year 2005.			

AIR AND SPACE
EXPEDITIONARY
FORCE

As of Monday, 58 Team
Randolph members are
deployed in support of
military operations
around the globe

“**PROTECT
YOUR
WINGMAN**”

DUI...
It's a crime
not a mistake

Team Randolph's
last DUI was
February 13, 2005

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. John Hesterman
12th Flying Training Wing commander

Agency Contact Numbers

12th FTW IG	652-2727
12th FTW Legal Office	652-6781
Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Straight Talk	652-7469
Transportation	652-4314



**Dedicated
June 20, 1930,
Randolph celebrates its
75th Anniversary in 2005**
Graphic by Michelle DeLeon

WINGSPREAD

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Editorial content is edited, prepared and provided by the Public Affairs Division of the 12th Flying Training Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force photos.

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

Working hard and doing the right thing

By **Col. Joseph Schwarz**
12th Mission Support Group commander



We are bombarded with advertisements and information daily trying to convince us to buy certain products or do certain things. The folks responsible for these ads are expecting that a number of us can be persuaded to do just what they want us to do and ultimately purchase their specific product or service, whether it is good for us or not.

Sometimes our peers enter into the situation and cause even more pressure to do something that makes us look better in someone else's eyes even if it is the wrong thing to do. With all the pressure bombarding us daily, our Air Force core values are often questioned and for some people, it may be tempting to turn a blind eye when they see something going wrong. America may not have become the country it is now, if our ancestors had done that very thing.

Our proud American heritage was made possible by men and women who followed our core values before they were adopted by the Air Force as a

basic foundation. The patriots who fought the American Revolution put service before self long before the first aircraft was ever flown. They were part of something much bigger than themselves and stood up to the challenge much like every active duty, reservist, guardsman, government civilian and contractor does today.

If our founding fathers had not also set the example of excellence in all they did, America might still be working on changes resulting from just accepting a weak Constitution in order to get home on time. America and the Air Force were both built on the sweat of those who came before us and to think it won't take hard work and sweat to keep improving both would be a miscalculation. The words, "nothing valuable is easy" are as true today as they ever were. Sometimes those ads on TV make it look so easy and cheap, but

often we buy something that doesn't quite live up to our expectations.

No matter what your background, integrity is considered an important trait of leaders. As Air Force members, our fellow Americans look up to and expect all of us, both military and civilian, to be leaders and set the example. We are all expected to have the highest of integrity and expect no special treatment. America trusts us with the lives of its sons and daughters, and a loss of integrity could jeopardize those very lives with which we are entrusted. Integrity and trust are very valuable traits, but once lost, the price to earn them back can be more than one can afford.

We often are caught up in so many things going on around us that we don't stop to think about what is really important when we go to bed at night. If you work hard, you will follow in the footsteps of every American hero. They adhered to the same values we as Air Force members do today. And no matter whether you sleep on a bedroll at Lexington or a soft mattress in San Antonio, you will always sleep better if you hold others above yourself, work hard and keep your integrity in tact.

Free credit reports available to Texas consumers

By **Capt. Jen Powell**
12th Flying Training Wing chief of legal assistance

People should take advantage of a recent amendment to the federal Fair Credit Reporting Act that requires the three nationwide consumer reporting companies, Equifax, Experian, and Trans Union, to give a free copy of your credit report annually at your request.

Free reports are phased in during a nine-month period, rolling from the West Coast to the East Coast. As of June 1, Texas consumers can order their free credit reports. Beginning Sept. 1, free reports will be accessible to all Americans regardless where they live.

A credit report holds information on where you live, how you pay your bills, and whether you have been sued, arrested, or filed for bankruptcy. Nationwide consumer reporting companies sell your information to creditors, insurers, employers and other businesses that use it to evaluate your requests for credit, insurance, employment, etc.

There are many reasons why you would want to order an annual credit report. First, the information it holds affects whether you can get a loan and how much you will have to pay in order to get a loan. In addition, you want to make sure the information in the credit report is accurate,

complete and up-to-date before you apply for a loan for a major purchase or before you apply for a job.

When you order a report, you also protect yourself against identity theft. For example, if someone steals your personal information to apply for a new credit card account and then does not pay the bills, that delinquent account is reported on your credit report.

The nationwide consumer reporting companies set up one central website, toll-free telephone number and mailing address where you can order your free credit report. You may order reports from all three companies at the same time. In fact, the law allows you to order one free copy from each of the three companies annually.

To order, go to www.annualcreditreport.com, call 877-322-8228 or complete the Annual Credit Report Request Form and mail it to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281. You can print the form from www.ftc.gov/credit or pick up a brochure from the legal office in the Taj Mahal. Your credit report request should be processed within 15 days if ordered by phone or mail. If ordered online, credit reports can be accessed within minutes.

Keep in mind that www.annualcreditreport.com is the only authorized source for your free annual credit report and the consumer reporting companies will not send you an email asking for personal information.

Congratulations Retirees

Today
Capt. Dave Eisenstein
560th Flying Training Squadron

Today
Chief Master Sgt. Carlton McCoy
Air Force Personnel Center

Retirement announcements should be submitted to the *Wingspread* office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the *Wingspread* office at 652-5760.

Airmen, spiritual strength and core values

By Gen. John Jumper
Air Force Chief of Staff

Our lives changed when we took the oath to defend our nation and put on the uniform of an Airman. But what was that change? Was it merely symbols – uniform, rank, and badges? No, it was a transformation from whoever we were before to someone vested in higher order values, a transformation into a part of something bigger than ourselves.

We come from all walks of life, from every part of our nation. We are different people from diverse backgrounds and with our diversity we bring different sets of values. We have different hopes, aspirations, goals and beliefs. It is perhaps our nation's greatest strength that, since its founding, we can stand shoulder to shoulder with people of different origins and beliefs for a single purpose – to serve.

As part of our service in the United States Air Force we are expected to embrace its Core Values: Integrity First, Service Before Self and Excellence In All We Do. These values are a guide that binds us together, even as we fight for the right to be different in so many other ways.

We use the word "Core" because we expect these values to be fundamental to our service, to guide our commitment to our country and mission, and to serve as a test for the decisions we make in both our personal and professional lives. Our commitment to these Core Values means that they are more than just words posted on a wall or recited by rote. They reside in the front row of our daily lives to help us wrestle with our toughest decisions and guide us on our path of service as Airmen.

At our Air Force Academy, we have experienced issues with expressions of religious beliefs and perceptions that one set of beliefs is favored over others. Remember Service Before Self. Religion is



Gen. John Jumper



intensely personal and disagreements can detract from the teamwork necessary for Air Force units.

In particular, sharing personal beliefs in a professional setting, one where leaders are performing their duties in a chain of command or in a superior-subordinate relationship, can easily become improper influence about personal matters. Furthermore, it can be resented.

A friend of mine recently expressed it this way. "The core task of every leader in the profession of arms is uniting his or her people into a strong team,

with levels of trust and commitment so high, the unit keeps working well even under extreme pressure. Everyone in a unit contributes to that task." Anything that detracts from that teamwork ultimately detracts from the mission.

What does this mean about how leaders should approach spiritual strength? Spiritual strength is an integral part of leadership. Our greatest leaders are able to elevate the human spirit and inspire extraordinary performance. Spiritual strength is what drives us to make sacrifices for others, for our nation, and the greater good. For some, a commitment to a specific religious faith is a source for that spiritual strength, but not for all. For some, it is their heritage and the experience of a community of people within our human family. For others, it is the way they were touched as individuals by a family member, teacher, or leader's work of faith or charity. As we stress our Core Value of Service Before Self, we see spiritual strength as its foundation, whether or not an individual sees themselves as religious.

Faith and religious freedom were fundamental to the founding of this nation. Chaplains are part of our profession of arms and have a unique charter. They minister to those who share their specific faith, facilitate ministry to those of other faiths, and care for all – including those whose spiritual strength does not come from religious belief. Our chaplains should set the example for mutual respect among different faiths and beliefs. Service Before Self.

There will be more specific guidance about expressions of personal religious beliefs. This guidance will emphasize mutual respect and the wingman culture fundamental to all Airmen. The expression of personal preferences to subordinates, especially in a professional setting or at mandatory events, is inappropriate. More importantly, we should always be guided by our Core Values. That's what makes us the superb Airmen that we are.

News

ASIST: Program offers suicide awareness training

By Jennifer Valentin
Wingspread staff writer

Every year, about six percent of the population has serious thoughts of suicide. That number might not seem very big but to put it into perspective, each year more people die from suicides than from all of the armed conflicts around the world, according to officials.

The Integrated Delivery System Committee is offering a two-day

workshop designed to help people understand and prevent suicide.

The Applied Suicide Intervention Skills Training program is held Thursday and July 15 from 8:30 a.m. to 4:30 p.m.

"The ASIST program provides training for individuals to help prevent the risk of suicide," said Pat Aguon, IDS Committee member. "Many people who consider suicide share their problems, so having someone they can talk to is important."

Participants in the workshop include

people concerned about family or friends, mental health practitioners, volunteers and supervisors.

The program focuses on working in small groups, and the emphasis is to learn how to recognize signs for help, how to reach out and offer support, and how to apply suicide intervention techniques.

"I encourage everyone who wants to learn more about suicide warning signs to attend the program," she added. "People can learn how to help a person who is at risk to stay safe and seek

further help before it is too late."

Workshop evaluations show an increase in participants' knowledge and confidence to respond to a person at risk for suicide. People also remember the intervention skills over time and can use them to help save lives.

The program is open to all Randolph active duty members and Department of Defense employees.

For more information or to sign up, call Ms. Aguon at 652-2300, or e-mail her at pat.aguon@randolph.af.mil. Seating is limited.

Retirement, separation briefing scheduled

By Jennifer Valentin
Wingspread staff writer

People thinking of retiring or separating from the military should make plans to attend the next retirement and separation briefing on base.

The briefing is Aug. 5 from 8:30-11:30 a.m. in the family support center ballroom. All military members who are considering retirement or separation, and their spouses, are invited to attend.

"The workshop helps military members become better informed for future planning purposes," said Debbie Hall, survivor benefit plan manager.

Briefers come from organizations on and off base such as the family support center, TRICARE, Texas Veteran's Commission, Texas Land Board, relocations, Delta Dental Plan office, Department of Veteran's Affairs and survivor benefits plan. The attendees also learn about the entitlements and benefits they are eligible for once they leave active duty.

"This is a great way for members to learn about

their entitlements," said Ms. Hall. "After leaving the service, they may only hear about their benefits by word of mouth or by reading publications. The briefing is a great way to get their questions answered."

Ms. Hall encourages all members on base who are thinking of leaving the service to take advantage of the free briefing.

No appointment is required to attend.

For more information, call 652-3633 or e-mail Ms. Hall at debra.hall@randolph.af.mil.



Airman 1st Class Kent Arnold (left), a base firefighter, and Alan Adams, an emergency medical technician, stabilize the neck of 2nd Lt. Amy Mitchell, a simulated injured victim, during a natural disaster exercise near the 12th Operations Support Squadron June 28. (Photos by Master Sgt. Lee Roberts)

Wing spends week exercising

Ready

Continued from Page 1

June 29 for the next day's deployment and contingency exercises.

The deployment exercise began early in the morning June 30 as participants processed through personnel, medical, legal, finance, chapel, family support, traffic management, security, intelligence and readiness stations. At each stop, subject matter experts provided Airmen with last-minute guidance and assistance.

Once all of the participants completed the necessary processing requirements, they rode buses to a

secluded mock deployment site on the east side of the base. After arriving on location, exercise evaluators put the participants through their paces in the contingency portion of the exercise.

During this exercise, more than 70 Airmen were divided into four groups. Each participated in weapons, first aid and unexploded ordnance training, and also processed through a deployed personnel in-processing center. In addition, in-the-field contracting and finance centers were available and their capabilities observed by exercise evaluators.

Airman 1st Class Jennifer Adams, who works in patient administration in the 12th Medical Support Squadron, participated in the deployment exercise for the first time.

She said the temperatures were very hot, but the experience was invaluable.

"If I ever get sent anywhere," Airman Adams said with perspiration pouring down her cheeks, "I would feel horrible if I didn't know what I was doing ... and this will certainly help me."

The exercises ended by mid-afternoon, and wing evaluators continued on with the evaluation process.

Mr. King said the wing exercise evaluation team is taking a very close look at the exercise findings and intends on using the results to fine tune its processes for the next round of deployment and contingency exercises.



Base firefighters cover the body of a casualty (mannequin) following a simulated tornado strike along the base's south ramp June 28.

NEWS BRIEFS

1st MRS Change of Command

Maj. Brent Moran assumes command of the 1st Manpower Requirements Squadron Monday with a formal ceremony at 10 a.m. in the Logistics Conference Center in Bldg. 581.

Travel advisory for Mexico

The struggle between criminal organizations for control of the lucrative narcotics trade in Mexico is fueling violent criminal activity along the border, especially in the vicinity of Nuevo Laredo.

As a result, U.S. Northern Command has published a travel advisory for Mexico. Headquarters Air Education and Training Command recommends all Airmen avoid travel into Mexico until authorities can get this situation under control.

Board of Trustees opening

The commander of the 12th Mission Support Group is seeking volunteers to fill a vacancy on the Randolph Field Independent School District Board of Trustees.

In accordance with Texas law, all applicants must be either a military member (enlisted or officer) or civilian, and must either reside or work on Randolph. The board is comprised of five trustees, the majority of whom must be civilian.

All volunteers submitting an application will meet a nomination board. Three nominees' names are given to the Texas State Board of Education, which makes the final selection. An application may be picked up at the 12th MSG commander's office in the Taj Mahal, second floor, and turned in before July 27. The selection panel is tentatively scheduled for Aug. 1-2.

For more information, call Lt. Col. Jim Andersen at 652-1205.

AAFES removes products

The Army and Air Force Exchange Service will remove products containing the solid form of pseudoephedrine from all store shelves effective July 31. These items include Advil Flu & Sinus, Aleve Cold & Sinus, Claritin D and Tylenol Allergy Sinus. The affected items will be replaced with products containing phenylephrine as a relief for sinus congestion.

To date, 16 states have passed legislation restricting the availability of cough and cold medicines containing the drug pseudoephedrine in solid form. AAFES has decided that removal of these products from all its stores is in the best interest of the military communities. AAFES is committed to maintaining safe communities by supporting all local and national initiatives to combat the manufacture of illicit drugs.

Two-way traffic on B Street East

New B Street East to Harmon Drive is now open for two-way traffic. This street serves the Randolph elementary school and the base housing office. A study is now under way to evaluate options for traffic flow after the start of school this fall.

Off-limits establishments

The following establishments are off limits to all armed forces personnel: Cracker Box Palace; all Planet K locations in Bexar, Atascosa, Wilson, Guadalupe, Comal, Kendall, Medina and Bandera counties; Club Senses (formerly Club X/S); together with any off-site locations where they sponsor an event.

COMMANDER CONNECTION

This column is intended to unofficially introduce new unit commanders to the base community.



Lt. Col. John Graves
12th Medical Support Squadron commander

- **Date of command:** July 6, 2005
- **Unit mission:** The 12th MDSS optimizes human performance by ensuring our warfighters are medically fit by serving the health needs of Team Randolph and the community
- **Key to success in the Air Force:** Loyalty to the Air Force way of life and adherence to our core values.
- **Hometown:** Kansas City, Mo.
- **Vision for the unit:** Provide the optimum level of internal and external medical administrative and ancillary support to the 12th Flying Training Wing and its people.
- **Previous assignments:** AF Medical Support Agency, Bolling AFB, D.C. Health Services Region IV, Keesler AFB, Miss. 42nd Medical Group, Maxwell AFB, Ala.
- **Most memorable military experience:** All of it!

Air Force approves wear of Afghanistan, Iraq campaign medals

The Air Force has authorized wear of the Afghanistan Campaign Medal and the Iraqi Campaign Medal.

The Department of Defense campaign medals apply to active duty, Reserve and Guard personnel deployed on or after Oct. 24, 2001, for Operation Enduring Freedom and March 19, 2003, for Operation Iraqi Freedom.

Airmen must have been assigned, attached or mobilized to units operating in Afghanistan or Iraq for 30 consecutive days or 60 nonconsecutive days to be eligible. The ACM is awarded for service for all land areas and all airspaces above Afghanistan. The ICM is for service covering all land areas of Iraq, all adjoining water areas out to 12 nautical miles and all airspaces above those areas.

Service members are not entitled to more than one campaign and/or expeditionary medal for the same action, achievement, or period of service. In addition, there are no devices for the ACM, ICM, and Global War on Terrorism Medal.

A period of service is defined as an area of deployment, and includes the number of days criteria outlined above. Members begin a second period of service when they forward deploy or return to home station and then redeploy later.

Airmen deployed to Afghanistan or Iraq, who have 30 consecutive or 60 nonconsecutive days, between the eligibility period and April 30, 2005 may elect to wear either the appropriate campaign medal or the GWOTE medal, but not both.

Those who deployed to Afghanistan or Iraq, who

have 30 consecutive or 60 nonconsecutive days, after April 30 can only earn the respective campaign medal for the area they served in.

The Air Force Personnel Center here will do a mass system update in August to convert GWOTE medals to ACMs or ICMs, for Airmen now eligible for one of the campaign medals. Airmen who do not want the GWOTE medal converted should notify their commander's support staff or military personnel flight.

The ACM shall be positioned below the Kosovo Campaign Medal above the ICM, and the ICM shall be positioned below the ACM and above the GWOTE medal.

For more information, contact the local CSS or MPF. (Courtesy of Air Force Personnel Center News)

BATTLE of the GROUPS

The Battle of the Groups competition kicked off as part of the Operation Summer Survivor: Xtreme Challenge campaign which runs through Sept. 5. The goal of the competition is for base organizations that belong to 12th Flying Training Wing

Groups or Directorates to gather as many points as they can by performing different safety checks or safety related events around base. This week's outstanding performer is Capt. Roland Mitchell of the 562nd Flying Training Squadron.

GROUP	POPULATION	REPORTABLE MISHAPS	RATE	DUI	RATE	SEAT BELTS	RATE	PRESENT-ATION POINTS	RATE	TOTAL
MDG	294	0	0.00	0	0.00	0	0.00	249	1,439.22	1,539.22
MSG	1,698	0	0.00	0	0.00	0	0.00	292	292.00	392.00
OG	477	0	0.00	0	0.00	0	0.00	204	726.24	826.24
MX	427	0	0.00	0	0.00	0	0.00	118	469.64	569.64

Thrift Savings Plan: *New law eliminates open season restrictions, promotes flexibility*

The restrictions of having only two open seasons each year for civilian and military members to sign up for, stop, resume or change their Thrift Savings Plan contributions has ended.

Public Law 108-469 took effect July 1, eliminating restrictions on contribution elections that have always been tied to TSP open seasons.

The elimination of open seasons affects civilian and military members who are eligible to contribute to TSP in the following ways:

- Gives individuals more flexibility in managing their TSP contribution amounts depending on their personal situations.

- Civilians can now make 26 or 27 TSP contribution elections per year (based on pay periods) and military personnel 24 per year.
 - Contribution elections submitted on or after July 1, will be effective at the beginning of the pay period following the one in which the election is submitted.
- "What hasn't changed is the contribution limits set for 2005," said Janet Thomas, of Air Force Personnel Center's civilian benefits and entitlement service team.
- Employees may continue to contribute to TSP based on the system they are currently under for 2005 – Civil

Service Retirement System, 10 percent; Federal Employees' Retirement System, 15 percent; or the military pay system, 10 percent.

The law eliminating TSP open seasons does not eliminate the waiting period that newly hired FERS employees or rehired FERS employees not previously eligible must serve before they can begin to receive agency contributions. Participants who make an in-service financial hardship withdrawal may not make TSP contribution elections for a six-month period following the withdrawal.

"As a reminder, Air Force-serviced civilian employees must make TSP

contribution elections via the BEST automated phone system or the Employee Benefits Information System," Ms. Thomas said. For instructions on how to access the BEST automated web and phone system, the Web site is www.afpc.randolph.af.mil/dpc/best/automated.htm.

For information on TSP or enrollment in TSP, military members can visit www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.htm. For civilian TSP information, visit www.afpc.randolph.af.mil/dpc/BEST/menu.htm.

More information on TSP is also available at www.tsp.gov/. (Courtesy of AFPC News)

New bankruptcy law takes effect in October

By Jennifer Valentin
Wingspread staff writer

In the last four years, bankruptcy filings in Texas have steadily increased, with the number of filings at 93,745 in 2004, according to the American Bankruptcy Institute.

A new bankruptcy law takes effect Oct. 17, which includes additional requirements people must meet before filing for bankruptcy. Many of these requirements will affect higher-net worth and higher-income people. The new law will also affect the amount of assets people are allowed to shield from bankruptcy.

"If a person's current income is more than the median income of their state, then there is a 'means test' to see if that person could feasibly pay their debts off in five years," said George Merkle, of the Consumer Credit Counseling Service of Greater San Antonio. "The average nationwide income bracket varies from

\$18,000 for an individual to \$53,000 for a family of four."

If it seems people should be able to pay off their debts, then they will have to attempt to do so.

Bankruptcy is primarily accomplished through Chapter 13 and Chapter 7. Chapter 13 is a payoff plan while Chapter 7 is a liquidation plan. To enter either of these, people will have to attend credit counseling.

"One provision that will affect all individuals considering bankruptcy is to take mandatory credit counseling to help ensure that people entering bankruptcy really have no other option," said Mr. Merkle.

CCCS of Greater San Antonio is a member of the National Foundation for Credit Counseling, which has developed a pre-filing course to meet the needs of the new bankruptcy law. The service also offers individual counseling and a money management course for people experiencing difficulty paying their bills or for people who want to learn how to control debt.

"CCCS is a non-profit organization that provides

professional consumer credit and money management education, confidential counseling and debt repayment services," said Steve Mayfield, base financial program manager. "Their counseling sessions are free of charge, and to minimize the impact on duty requirements due to travel, Randolph personnel can request an appointment and meet with a CCCS representative at the base family support center."

They are a referral source for the base financial program because they have a proven track record of effectiveness and don't make inappropriate promises to clean a person's credit record, said Mr. Mayfield.

The most important aspect of their services is that the client who becomes involved in a debt management plan is kept informed about the progress made toward liquidating their problematic credit accounts.

For more information on counseling, call Mr. Mayfield at 652-5321.

For more information on CCCS, call Mr. Merkle at 979-4300 or 1-800-410-2227, or visit www.cccsa.org.

Celebration day



Sayona Land of Schertz, gets temporarily tattooed at the 4th of July celebration here Monday. More than 10,000 people attended the annual event on the south flight line. (Photo by Jillian Speake)

40 YEARS AGO

in the Wingspread

- ☆ Ira Smith, the Randolph base fire chief, reported during fiscal year 1965 the base experienced only \$299 in fire losses, of which \$141 was reimbursed by the people responsible for the loss through negligence. He said if careless smoking habits had not been a factor, there would not have been any fire losses at all during the year.
- ☆ The Wingspread reported on the retirement of two four-star generals, both of whom began their flying careers as cadets on Randolph. Gen. Mark Bradley, commander of the Air Force Logistics Command, was in one of the first classes to enter flight training on Randolph in 1931 and Gen. Walter Sweeney, commander of the Tactical Air Command, completed his training here in 1934.
- ☆ The Air Training Command celebrated its 22nd anniversary here on July 7, 1965. Organized in 1943, during the height of World War II, the command was headquartered first in Fort Worth, Texas, then moved to Barksdale Air Force Base, La., then to Scott AFB, Ill., and finally in 1957 to Randolph. Each year, it was reported, ATC trains more than 100,000 specialists in 2,000 technical training courses.
- ☆ Secretary of the Air Force Eugene Zuckert was on hand for the formal opening of the newly completed Air Force Personnel Center facilities. The event culminated two years of progressive moves of the center's personnel in order to decentralize functions outside the Washington area.

ITT well equipped to handle many needs

By Jennifer Valentin
Wingspread staff writer

Providing one stop shopping for a variety of leisure time activities is the goal of the Randolph Information, Tickets and Travel and Equipment Checkout office.

The office provides resources for a variety of activities at a savings to anyone with a Department of Defense identification card.

ITT offers discounted tickets for admissions to movie theaters, sporting events, Sea World, Fiesta Texas, Disney parks, Universal Studios and much more. As a Ticketmaster outlet, the ITT office also offers event tickets for the San Antonio, Corpus Christi, Dallas and Houston areas.

"We also promote the Worldwide Armed Forces Vacation Package Program offering time shares to resort destinations at significantly reduced prices," said MariAnne Clark, ITT and equipment checkout

manager. "A wide selection of brochures depicting sports and civic events is always available as well."

The office also provides discounted tickets to many local special events held annually such as Fiesta, the Folk Life Festival, Wurstfest and the Renaissance Festival.

For those interested in tours, the ITT office schedules a variety of tours, catering to different interests such as casino trips, shopping sprees and educational trips, said Ms. Clark.

Equipment checkout has on display equipment rental items available to customers for various outdoor activities, including hiking, backpacking, camping, hunting, fishing, cycling, water sports, and lawn and garden sports. This allows customers to see the items they need before they rent them. The facility also has a recreation guidepost, or reference library, with books on outdoor recreation, said Ms. Clark.

For customers who want to rent Eberle Park facilities, use the recreational vehicle storage and

used car lots, or buy season swimming pool passes and sign up for swimming lessons, the equipment checkout facility can help with that as well.

"We provide monthly specials from camping packages and birthday party packages to spring clean-up packages," said Ms. Clark.

A variety of rental equipment is available for checkout. For parties, the office has snow cone machines, popcorn machines and cotton candy machines as well as a bouncy castle and a dunk tank. If extra guests are coming for a visit, people can rent roll-a-way beds, cribs, aluminum cots and sleeping bags. Equipment checkout also has items such as folding tables, chairs, barbecue grills, water jugs and ice chests.

The ITT and equipment checkout office is open Monday from 7:30 a.m. to 4:30 p.m., Tuesday through Friday from 9 a.m. to 5 p.m., Saturday from 9 a.m. to 1 p.m., and the office is closed Sundays and holidays. The office is located in Building 897.

For more information, call 652-5640.

WOOD SHOP

From the forest to a masterpiece

By Jennifer Valentin
Wingspread staff writer

If you are looking for somewhere to buy a special gift or even make one, Randolph has just the place for you.

The base wood skills center offers a variety of tools and classes for those who make woodworking their hobby.

"The wood shop is a self-help center," said Andy Sanchez, wood skills center manager. "It is a place where people can come and express themselves through their work or purchase a specially made gift."

People must be 16 years of age or older to use the shop and the tools. All customers using the facility must receive training from the wood skills staff on how to properly use the equipment provided.

"When someone wants to learn how to use the tools and machinery available, we'll be glad to show them," said Mr. Sanchez. "We want to make sure that everyone who operates our equipment uses it properly and in a safe manner. Safety is a big concern when using wood shop tools."

Tools available for customer use range from drills, planers, hand sanders, table sanders, table saws, a panel saw, radial arm saw, band saws, router table, shapers and joiners.

A number of different items have been made at the wood skills center including chairs, tables, decorative boxes and rocking horses.

The staff can also do minor repairs for customers on their wooden items, as well as make shadow boxes, flag display boxes and coin holders.

"We see about 175 customers per month, both looking to make their own item or have a gift item

made," said Mr. Sanchez.

Safety equipment such as goggles and ear protection are provided by the wood skills center.

The wood skills center is open to all active duty members, retirees, Department of Defense civilians and family members.

Several wooden items are available for purchase at the skills craft center.

The wood skills center is open Tuesday through Thursday from 11 a.m. to 7:30 p.m. and Friday and Saturday from 9 a.m. to 5:30 p.m.

For more information, call 652-7422.



Allen Meckel polishes his finished pieces at the wood skills center. He made a flag display box, shadow box and coin holder. (Photos by Jennifer Valentin)

560th Flying Training Squadron



UNIT SHIELD

The unit shield of the 560th Flying Training Squadron, the cheetah, represents the fastest hunting animal on earth. The shield was officially adopted in 1969 while the unit was fulfilling an air defense mission in Florida.

UNIT HISTORY

The 560th Flying Training Squadron was first activated in 1942 at Gowen Field, near Boise, Idaho, along with the 562nd and 563rd Flying Training Squadrons as part of the 388th Bombardment Group (Heavy). They transferred to Knettishall Air Base, England, the next year from where they flew B-17 bombers in every major bombing campaign in the European theater of operations in World War II.

They participated in the first shuttle mission where American bombers on a raid in Germany continued on to recovery bases in Russia. That mission earned them one of the three distinguished unit citations they received during World War II.

Their group was also part of the Operation Aphrodite experiment in which glide bombs and later "war weary," unmanned B-17s were equipped with television cameras – then a new technology – loaded with explosives, and remotely guided to crash into selected hard targets. The experiment was not a success, however, largely because of the immature technology of the day. After victory in Europe, the squadron was deactivated.

When the Korean War began in 1950, the 560th unit was activated as a fighter escort squadron and remained in the business of providing defensive cover to strategic bombers until deactivation in 1958.

The squadron was activated again in 1962 at McConnell AFB, Kan., where they trained replacement F-105 pilots for duty in Southeast Asia. They transitioned into the F-4 and relocated in 1969 to Homestead AFB, Fla., from where they deployed for six months to Kunsan AB, Korea, and Misawa, Japan, before being deactivated again in 1970. During the Korean phase of the deployment, the squadron sat alert as part of the American response to the North Korean seizure of the USS Pueblo.

The squadron was returned to duty again in 1972 when the 12th Flying Training Wing was activated here. The war in Vietnam was winding down and combat units were brought back from the war zone to fulfill new tasks as training wings. Since that time, the 560th FTS has been a part of the 12th FTW and dedicated to T-38 instructor pilot training on Randolph.



1st Lts. Tess Labowitch and Ryan Wilmes, both students in the 560th Flying Training Squadron, review details for their next missions.



Lt. Col. Mark Shroyer, an instructor assigned to the 340th Flying Training Group (Reserve) and flying with the 560th FTS, prepares for takeoff as Maj. Bader Alattal, a pilot instructor trainee from Kuwait, finishes his part of the preflight inspection. (Photos by Steve White)

560th Flying Training Squadron: Training T-38 instructor pilots

This article is the second in a series profiling Randolph Operations Group Squadrons.

By Bob Hieronymus
Wingspread staff writer

The mission of the 560th Flying Training Squadron, known as the Cheetah squadron for the emblem on their unit shield, is to sustain combat air forces by producing the world's best T-38 instructor pilots for the joint specialized undergraduate pilot training program and ensuring the United States Air Force and allied pilots successfully transition to fighter assignments.

That formal statement, although short, has a long list of requirements to fill in order to produce mission-ready IPs.

"The objective of the pilot instructor training program is not merely to teach a pilot how to fly," said Lt. Col. Kevin Manion, 560th FTS commander. "Our task is three-fold. We teach them how to fly from the rear cockpit, we teach them how to teach and we teach them how to protect themselves from what a new student pilot might have in store at the SUPT wings. With the advent of the new version of the T-38,

the C-model, we are also leading the way in exploring new possibilities for the aircraft, developing new tactics and validating new techniques for student training."

Lt. Col. Steven Giovenella, 560th FTS scheduling officer, said there is a real challenge in matching the training to the experience level of the assigned students.

"Our students can be seasoned pilots with thousands of hours in combat aircraft or they can be fresh out of their basic JSUPT program," Colonel Giovenella said. "That means we have to be flexible in how we teach while being firm on the quality of the skills the graduates take with them."

The 560th FTS is assigned 35 instructors who all have fighter or bomber experience, the colonel said.

"They bring a wealth of knowledge and a high level of flying skill to the organization," Colonel Giovenella added. "Most of them are field grade officers with years of experience."

The colonel explained the PIT instructors have to be able to play the role of inexperienced student pilots so the student IP can develop the skill of recognizing when a student is failing to master some element of the training syllabus. When graduates go to a training squadron

where basic skills are being taught, they will sit in the back seat of the T-38 and the student in the front seat, Colonel Manion said.

"Recognizing situations from the rear seat that can lead to problems takes practice," the colonel said. "That's part of our assignment; to have our students experience both the good and the bad of what a young student pilot can make the airplane do. The T-38 is the known element in the equation and the student pilot is the unknown. Bringing those two elements together successfully is what we train our graduates to do."

Since coming to Randolph, the 560th FTS has graduated over 3,000 instructor pilots, just part of the unit's accomplishments. In 1973, when the American prisoners of war were released by the North Vietnamese government, many of them wanted to return to the cockpit. The task of requalifying them for flight duties was given to the 560th.

As an extension of Operation Homecoming, the name of the operation under which the POWs were recovered, received medical treatment and returned to their families in America, the squadron immediately began to requalify the repatriated Air Force pilots who were able to pass a flight physical.

Since 1975, the squadron has offered another honor to repatriated POW pilots. Meeting a pilot on the ramp with a bottle of champagne when he returns from his last mission is an old Air force tradition. That last mission is called a fini flight, or in the case of the Vietnam War, a Freedom Flight. A pilot who was shot down over enemy territory and taken prisoner missed out on the tradition at home base, so the Cheetahs provided the repatriated POW pilots the celebration at Randolph.

A total of 191 Freedom Flights were celebrated by the Cheetahs in the 31 years since Operation Homecoming brought the POWs home. Their traditions live on in a Freedom Flyers reunion hosted each year by the 560th. Photographs of each Freedom Flyer's fini flight celebration line the walls in the squadron's Freedom Hall.

Another program unique to the Cheetahs is Pilot For A Day, where children with serious medical conditions are offered a personal tour of the squadron and a chance to sit in the cockpit of a military aircraft. The children are met with an appropriately sized flight suit, complete with a squadron patch, and have the opportunity to examine the life support gear a pilot wears. The children can also sit in the cockpit of a simulator.

In the 11 years the program has been conducted here, the Cheetahs have hosted 72 children as Pilot For A Day.

"That's part of our assignment; to have our students experience both the good and the bad of what a young student pilot can make the airplane do."

Lt. Col. Kevin Manion
560th Flying Training Squadron
commander

Splish... Splash...

Swimming more than just recreation

By Jennifer Valentin
Wingspread staff writer

With the summer sun in high gear, people tend to exercise indoors more. But for those brave souls who want to face the heat and exercise outdoors, swimming can be a good way to keep fit while still staying cool.

Swimming is a great exercise because it's very different from land-based exercise, said Patrick Fay, fitness programs manager. It is a non-weight bearing or low-weight bearing workout, which means it is easier on joints in the back and the lower body. It is also a great way to help improve muscular endurance and strength.

"As with any new exercise routine, easing into it is the most effective way to start," said Mr. Fay. "This builds familiarity and confidence and reduces the likelihood of injury."

Swimming has unique risks associated with it, he added. If swimming for a long period of time, remember to rehydrate. People sometimes don't notice how much they are sweating while in the water, so for this reason it is important to stop periodically and drink water. Dehydration can lead to painful cramps in the legs.

Proper swimming techniques are dependent on a wide range of motion at the shoulders, back and the torso,



Beth Kaufhold swims at a base pool as part of her exercise routine. (Photo by Steve White)

said Mr. Fay. Because of this, regular stretching in the upper and lower body is encouraged, particularly after a swimming workout. This can decrease soreness and keep blood from collecting in the limbs.

"It is recommended that workouts take place three to five times per week, and if the only exercise you do is swimming, it can be done that often," said Mr. Fay. "But if you want to alternate swimming with another workout such as running, swimming can share the three to five times per week with the other activity."

According to the Web site, swimming workouts should last between 75-90 minutes. If that is too much time, however, some of the workout can be cut out, but the same

amount should not be cut every time.

"Some people get into a routine they like and stick with it," said Mr. Fay. "Some people, however, benefit from breaking the monotony and challenging their muscular and cardiovascular systems with different exercises."

The base has two pools for Randolph members and families. The Center Pool is open Monday through Saturday from 1-8 p.m. and Sunday from 1-6 p.m. The South Pool is open for lap swimming Monday through Friday from 11 a.m. to 1 p.m. and 5-8 p.m. Fort Sam Houston also has an indoor pool open throughout the year for swimming.

For more information on fitness, call 652-4311.

SPORTS BRIEFS

Hotter Than Texas 10-mile bike ride

The Hotter Than Texas 10 mile bike ride will take place Saturday at 8 a.m. at Eberle Park. For safety reasons, helmets are required and all riders should bring water bottles.

This race is free for all Department of Defense identification cardholders ages 16 and up, or ages 12-15 with adult supervision.

Gatorade, Aquafina and Propel are sponsoring this event.

For more information, call the fitness center at 652-5316.

Water aerobics classes

Free aerobic classes are Monday and Wednesday from 10-11 a.m. at the Center Pool.

For more information, call the fitness center at 652-5316.

Fit to Fight

The "Fit to Fight" column recognizes Team Randolph members who achieve an "excellent" (90 percent and above) rating on the Air Force Fitness Test.

100 percent
99th Flying Training Squadron

Jay Koelb
90 percent and above

99th FTS
Van Krailo
Darren Purser
12th Contracting Squadron

Anthony Darveaux
Royce Phillips
Jon Sanders
Dwayne Sellers

Kick it once and for all

HAWC class helps smokers quit an unhealthy, difficult habit

By Jennifer Valentin
Wingspread staff writer

Tobacco use is the leading preventable cause of death in the United States, and it causes more than 440,000 deaths each year, according to the National Center for Chronic Disease Prevention and Health Promotion.

Smoking results in more than 5.6 million years of potential life lost annually.

The Randolph Health and Wellness Center offers tobacco cessation classes throughout the year to help people who want to stop smoking quit their habit.

The next class runs from Aug. 9 through Aug. 30, every Tuesday and Thursday, with a physician evaluation on Aug. 2 for those who may want to use the anti-smoking drug, Zyban. The class is also for those who want to stop their use of smokeless tobacco.

"The class is offered for those who want to give up tobacco and need help quitting their habit," said John Gallardo, class instructor. "It isn't recommended for those who are not serious about quitting."

The class runs for four weeks, with each week's two

sessions covering different topics.

During the first week, the focus is on preparation, said Mr. Gallardo. Participants are taught various ways to quit tobacco use. Although the participants are offered Zyban or nicotine patches a week before the class, the first week is intended to primarily help with physical withdrawal.

"The participants learn cognitive and behavioral techniques to help them deal with the tobacco urges they will encounter in the weeks ahead," said Mr. Gallardo.

During the second week, the focus is on the physical effects of tobacco use and the benefits of quitting. This is the week when the students actually quit their tobacco use and apply the things they've learned during the first week. The participants also receive helpful information on what tobacco has already done to their body and what they can expect to happen to their body after they quit, added Mr. Gallardo.

In the third week of the class, the group focuses on stress management.

"Close to the conclusion of the class sessions, I teach the group how to manage stress effectively, because once a person stops smoking the outcomes can be

stressful," said Mr. Gallardo. "I teach the participants different techniques they can use at home or at work to help them deal with stressful situations and how to relax."

During the final week of the class, weight management is discussed.

"In some cases, people are prone to gaining weight after they stop smoking," said Mr. Gallardo. "A nutrition specialist from the HAWC is introduced in the class to provide helpful information on how to control weight problems associated with quitting smoking."

All active duty personnel, retirees and their beneficiaries can attend the class and receive Zyban or nicotine patches. Those under the age of 18 who are beneficiaries can attend but must be accompanied by their sponsor. Department of Defense civil service personnel can attend the class, but will have to get Zyban, if needed, from their health care provider.

"Smoking is a life-threatening habit," said Mr. Gallardo. "The class is offered so those who want to quit can receive the right information."

The class size is limited to 25 people. For more information or to sign up, call 652-2300.

Whatever your game... play it safe.

DON'T DRINK AND DRIVE

It's a Crime